



Using Summer Greens from your farmer's market, backyard garden or grocery store is as easy as pie! Actually, it's way easier:

- ❖ When you have an abundance of greens (Chard, Kale, Spinach, Arugala, etc.), OR if you want to get more of these **powerhouse veggies** into your diet, simply add them raw to the bottom of your colander before you strain your cooked pasta.
 - **The heat and steam from the pasta will wilt the greens perfectly** (without over-cooking) and then the whole thing can be added to your sauce or recipe!
- ❖ Similarly, try adding the cleaned, raw greens *at the end* of the cooking process in any of your favorite stove top recipes for rice, beans or even meat dishes – pop a lid on top for an extra minute and two and voila, your veggies are perfectly steamed and ready to mix into your meal!
- ❖ Add raw greens to your eggs (scrambled or omelette style) to boost the nutrition and flavor profile of your breakfast. You'll also be adding a healthy alternative to some of the less-than-healthy ingredients you might otherwise have added.
 - * Try some sprouted grain or whole-rye toast spread with ripe avocado slices and sprinkled with sea salt and be prepared to be wowed!



- ❖ If your family doesn't love wilted and/or sauteed greens but they love **salads**, try a 'Chopped' salad:



Use baby or lacinato (dino) kale and chop it fine. Add your other favorite salad ingredients; I like using walnuts or pepitas (pumpkin seeds), fresh scallion, apple slices, feta cheese, sprouts, avocado, soft-cooked egg, and on and on. Make a simple dressing with olive, nut or other healthy oil, and vinegar – if you're willing to do a little more, consider adding some mustard, fresh-

squeezed lemon juice and either minced garlic or shallot to a jar with enough oil and shake up for a classic dijon vinaigrette that will keep in your fridge for future salads - or try thinning down some pesto with some extra oil for a yummy dyi green-goddess dressing!

*Adding fresh vegetables and fruits to your daily diet can help lower blood pressure, boost your immune system, and help improve overall digestive health... it'll help make your skin and hair healthier too!

